

MIAMI SPRINGS SENIOR CENTER

Residents of Miami Springs, age 60 or older, are eligible to participate in a variety of services and activities offered at the City's senior center.

➤ **CONGREGATE MEALS:** Hot lunch meals are served weekdays from 11:30 a.m.--12:30 p.m. to assist area seniors in maintaining a nutritionally balanced diet and to provide opportunities to volunteer and socialize with their peers.

➤ **NUTRITION EDUCATION:** Counseling and education programs are provided monthly by Stacey Reppas, the program's consulting Registered Dietician, and the Elderly Services Director.

➤ **HEALTH SUPPORT ACTIVITIES:**
All students must be registered in the senior center's congregate meal program to participate in the following:

- **CHAIR YOGA CLASSES**
(Instructor: Natasha Salmon-Cogno)
Mondays and Wednesdays
9:00—10:30 a.m.
Classes are held at the Senior Center;

- **"LET'S DANCE!" CLASSES**
(Instructor: Natasha Salmon-Cogno)
Mondays and Wednesdays
10:30 --11:00 a.m.
Classes are held at the Senior Center;

- **FLOOR YOGA CLASSES**
(Instructor: Natasha Salmon-Cogno)
Tuesdays and Thursdays
9:00 --11:00 a.m.
Classes are held at the Curtiss Mansion.

- **"CELEBRATION" WORKOUT CLASS**
(Instructor: Natasha Salmon-Cogno)
Fridays.....9:00 --11:00 a.m.
Class are held at the Senior Center;

- **CHAIR EXERCISE CLASS**
(Instructor: Elizabeth King)
Thursdays.....10:45—11:15 a.m.
Classes are held at the Senior Center;

- **TAI CHI FOR ARTHRITIS**
(Instructor: Judd Zisquit)
Tuesdays and Thursdays
12:30—1:30 p.m.
Classes are held at the Community Center;

➤ **TRANSPORTATION:** Daily pick up, utilizing the city's mini-bus, is provided to older residents with no means of transportation to and from the center. In addition, weekly trips are made to a local grocery store and assistance is given with shopping and carrying- packages. Field trips to area stores and other places of interest are planned each month.

➤ **RECREATION:** Recreational and social activities planned for October include: Bingo games (10/5, 10/12, 10/19 and 10/26), a Rummage and Baked Goods Sale (10/13), the monthly birthday and anniversary party (10/15), and field trips to Target (10/9) and Wal-Mart (10/29).

FOR FURTHER INFORMATION,
please **CALL US!**



(305) 805-5160



HEALTH and EDUCATIONAL PROGRAMS:

"COUNCIL REPORT" – On 10/7 at 12:15 p.m., Miami Springs Councilman Billy Bain will provide information on recent Council actions and topics of importance to the citizenry.

"CRIME WATCH" PROGRAM -- Officers Jorge Capote and Janice Simon from the MSPD's Community Policing Office will conduct the monthly Crime Watch Meeting at the senior center on 10/14 at 12:15 p.m. Information on local criminal activity and tips on how to avoid becoming a victim will be provided.

"9 TIPS FOR CANCER PREVENTION" – On 10/21 at 12:15 p.m., Jacquelyn Gibson from the University of Florida's/M-D Extension Bureau will present information on how diet plays a role in the prevention of cancer.

FREE BLOOD PRESSURE SCREENING – Registered Nurses from the Miami-Dade Health Department will provide free screenings for hypertension and individual counseling on 10/22 from 10:00—11:30 a.m.

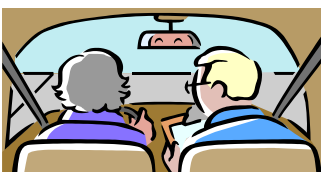
"CHOLESTEROL and STROKES" – On 10/27 at 12:15 p.m., Palm Plaza Medical Center will sponsor a presentation on this topic.

"WHAT'S ON YOUR PLATE?" – Medical personnel from Amerigroup Community Care will present nutrition information on 10/28 at 12:15 p.m.

SPECIAL EVENT: HALLOWEEN PARTY & COSTUME CONTEST!



Friday, October 30th
12:15 p.m.
*Refreshments, Entertainment &
Prizes Awarded for Best Costumes!*



The Florida Division of Driver's Licenses will be available at the City's **COMMUNITY CENTER** on **Wednesday, October 21st**, from 9:30 am — 2:30 pm., to renew **FLORIDA DRIVER'S LICENSES & State ID CARDS.** Check with the Community Policing Office or visit www.GatherGoGet.com for information on the required documentation.



CELEBRATING BIRTHDAYS:

Algeisa V.....	2
Hector R.....	4
Yolanda S.....	5
Danny C.....	7
Nelida L.....	7
Maria S.....	9
Barbara M.....	11
Juan M.....	12
Howard McL.....	20
Carlos M.....	25
Denise G.....	28
Pat D.....	29
Felipe L.....	31



Monday, 10/ 5
Monday, 10/12
Monday, 10/19
Monday, 10/26



Fundraiser for the
Miami Springs/Virginia Gardens
Senior Citizens' Club:
October 13th
11:15 — 12:40 p.m.
(All proceeds go to the Club)

FIELD TRIPS

- ❖ **TARGET**
Friday, 10/ 9
1:15 p.m.-- 5:00 p.m.
\$.50/person (16 may go)
- ❖ **WAL-MART**
Thursday, 10/29
1:15 p.m.-- 4:30 p.m.
\$.50/person (16 may go)